

Tasty Tots

Rating: ★★★★★

Prep time: 30 minutes

Cook time: 35 minutes

Makes: 36 Tots

A healthy, kid-friendly alternative to traditional 'fried' potatoes, Tasty Tots are made with sweet potatoes and garbanzo beans (chickpeas).

Ingredients

5 cups Fresh sweet potatoes, peeled, coarsely shredded

2 1/3 cups canned low-sodium garbanzo beans (chickpeas), with liquid

1/2 cup Fresh green onions, finely chopped

2 tablespoons vegetable oil

1/2 teaspoon salt

1/2 teaspoon Granulated Garlic

1/4 teaspoon ground black pepper

1/2 teaspoon onion powder

1/2 teaspoon ground cinnamon

Directions

1. Preheat oven to 350 °F.
2. Place shredded potatoes on a large baking pan sprayed with a nonstick cooking spray. Bake at 350 °F for 20 minutes or until slightly tender. Do not overcook.
3. Increase oven temperature to 400 °F.
4. In a food processor or blender, purée garbanzo beans, including the liquid, until smooth.



Nutrition Information

Key Nutrients	Amount	% Daily Value*
Total Calories	172	
Total Fat	5 g	
Protein	4 g	
Carbohydrates	28 g	
Dietary Fiber	5 g	
Saturated Fat	0 g	
Sodium	377 mg	

MyPlate Food Groups

Vegetables	3/4 cup
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5. In a medium mixing bowl, combine shredded sweet potatoes, puréed garbanzo beans, green onions, vegetable oil, salt, garlic, pepper, onion powder, and cinnamon. Mix well. Cover and refrigerate for 40-45 minutes to make tots easier to form.

6. Spray a large baking sheet with nonstick cooking spray. Using a cookie scoop or a spoon, roll 36 tots. Place 1 inch apart on baking sheet. Lightly flatten the tops of the tots with a spoon or a fork. Bake at 400 °F for 10-12 minutes or until lightly brown. Serve hot.

Notes

Our Story

The recipe challenge team at Bellingham Memorial Middle School began by brainstorming healthy menu items that would be well accepted by students. The team planned how to execute the contest's recipe development during an afterschool cooking class led by chefs from a Whole Foods Market. After a discussion on the value of healthy food and basic nutrition, the team divided into four groups and developed eight recipes.

The recipes were taste-tested by over 200 students and resulted in rave reviews. Two of these recipes, Tasty Tots and Mediterranean Quinoa Salad, became winning recipes featured in this cookbook.

Tasty Tots are a combination of sweet potatoes, garbanzo beans (chickpeas), and cinnamon that come together classically to form a unique, delicious side dish.

Bellingham Memorial Middle School

Bellingham, Massachusetts

School Team Members

School Nutrition Professional: Jeanne Sheridan, SNS

Chef: Rodney Poles (Whole Foods Market, partner chef from Chefs Move to Schools chefsmoveetoschools.org)

Community Members: Karen Ring (Healthy Eating Specialist, Whole Foods Market) and Lauren Marciszyn, RD, LDN (Youth and Community Wellness Director, YMCA)

Students: Dylan B., Elizabeth B., Taylin S., John G., and Nick D.

*The legumes in this recipe contribute to the other vegetable subgroup and not the meat/meat alternate component since the beans are not visibly recognizable as legumes in the Tasty Tots recipe. This vegetable side dish with legumes is limited to the vegetable component because of its function as a vegetable in the meal.

Improving the nutrient content of the foods children eat by disguising nutrient-rich vegetables and fruits in the food is a great idea for people of all ages. However, it is not a menu planning principle that teaches and encourages children to recognize and choose a variety of healthy fruits and vegetables.

Recipes for Healthy Kids Cookbook for Homes